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I'M A LITTLE BIT CURRENCY ...

BUT METRO'S BIZ COLUMNIST EXPLAINS INVESTING IN THIS DIGITAL DOUGH CAN BE A LITTLE BIT RISK 'N' ROLL

PAGE 6

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Cleanup continues after oil spill

South of Regina.
Enbridge estimates 125 barrels of crude oil inadvertently released at pumping station

MARCO VIGLIOTTI
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Enbridge crews continue cleanup efforts on Sunday, a day after roughly 125 barrels of crude oil spilled at the Rowatt pumping station, shown inset, south of Regina. MARCO VIGLIOTTI/METRO

The National Energy Board (NEB) has been dispatched to monitor ongoing cleanup efforts at an Enbridge-owned pump station south of Regina following a Saturday morning oil spill.

"We have someone on site assessing the company's initial response," NEB spokeswoman Rebecca Taylor told Metro of the federal pipeline regulator's reaction to the spill.

"The NEB will (also) be involved in making sure (Enbridge) has an adequate plan that satisfies the board's requirements around how they intend to clean up the oil spill and also their plan around any necessary repairs to the (site)."

Enbridge estimates that 125 barrels of crude oil were inadvertently released at the Rowatt Station, located approximately five kilometres south of the Saskatchewan capital.

The spill occurred around 11 a.m. and was almost entirely contained to the company's property that housed the station, according to a statement released by the Canadian pipeline giant.

Strong winds, however, did propel some of the spraying oil onto an adjacent farm property, which was then cleaned up by Enbridge staff.

Graham White, a spokesman for the company, said he expects the cleanup at the station to be completed either late Sunday or some time early in the workweek.

"All spills — whether it's a teaspoon, a spill this size or larger — are serious to us," he continued. "We're going to conduct (an investigation) and take the lessons learned from that to ensure this type of scenario … never happens again."

A company investigation determined there was no impact to water, wildlife and the public from the spill, he added.

The spill prompted the company to temporarily close its Alberta Clipper pipeline as a precaution.

Enbridge restarted the line just after 9:25 p.m. on Saturday.

Despite a nearly 12-hour closure of the system, which connects to the company's main transcontinental pipeline, White maintained that the shutdown would have no impact on consumers.

In an email statement to Metro, the provincial Environment Ministry said it had "no concerns" with how the incident was being managed at the time and would be "monitoring clean-up of any potential off-site impacts" from the spill.

The pipeline, which produces approximately 449,000 barrels per day, is part of the Enbridge mainline that runs from Hardisty, Alta., to Superior, Wis.

NEWS 1

Business students throw down

Jeux du Commerce. Regina plays host to Western Canadian university competition

MARCO VIGLIOTTI
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One of the country's largest business competitions took over the Saskatchewan legislature on Sunday as JDC West concluded a historic weekend in the Queen City.

Known as the Jeux du Commerce (or business games in English), the annual event draws together the best and brightest university business students from across Western Canada for three days of feverishly fun competition, explained Jeanna Kozan, one of this year's organizers.

"We have 12 universities from across Western Canada. That adds up to 640 students," she said of the event, which was mainly hosted at the University of Regina this past weekend.

JDC West is inspired on the original JDC competition started in Quebec in 1989. A JDC Central is also held now in Ontario.

The competition is divided into four different categories, including academics and a debate component, which held its semifinals and finals inside the chambers of the provincial legislature on Sunday.

"The debate for these finals are business-policy-focused topics ... They debate in parliamentary-style debates," noted Kozan, a third-year University of Regina business student.

It was the first time ever in JDC West history that the debate portion played out in a provincial assembly.

In another first for the competition, debate participants wore gowns in the traditional parliamentary style.

But, Kozan insists, the event is hardly all work and no play.

An athletics element saw participants face off in floor hockey and tchoukball, an obscure sport that resembles an odd meshing of handball and basketball.

The social competition, she said, mainly attracts the "craziest kids" at JDC West in a madcap challenge-driven event.

Organizer Jeanna Kozan has praised volunteers for a successful showing of the annual JDC West business competition, which was hosted in Regina this past weekend. MARCO VIGLIOTTI/METRO

Crime

Charges laid after failed truck theft, say RCMP

A 30-year-old Regina man faces a total of 10 charges after allegedly attempting to steal a truck and smashing a veranda window in Belle Plaine on Friday.

Anthony Lamb has been charged with two counts each of assault, uttering thefts, breach of recognizance and unlawful confinement.

He also faces one count of mischief and one count of theft of a motor vehicle.

White Butte RCMP say they received two calls early Friday about incidents in Belle Plaine, located roughly 45 kilometres west of Regina.

The first call that came in was about an unknown person attempting to steal a truck operated by two employees of a local company.

The second call was related to a damaged veranda window at a residence in the community.

In both cases, callers said the person had since fled on foot.

After about an hour, police located a person who matched the description given by witnesses. They arrested Lamb as he walked down a rural road in the small village.

Lamb will appear in provincial court in Regina on Monday morning. METRO

Drayton

Chamber of commerce names new president

Brian Drayton is the new president of the Regina and District Chamber of Commerce.

Drayton has been working his way up within the chamber during his 25-year career as an accountant in Regina.

He says there are few differences between himself and his predecessor, Gord Archibald.

Infrastructure and meeting labour demands will continue to be a main focus of the chamber, says Drayton. He says he's also committed to bolstering aboriginal employment.

Drayton is a principal partner at the firm MNP where he focuses his practice on risk management, audit and assurance. METRO

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Putin tries reassurance but trips over gay issue

Sochi. President reiterates official stance there will be no discrimination against gays at Olympics

Russian President Vladimir Putin has offered new assurances to gay athletes and fans attending the 2014 Sochi Winter Olympics next month. Yet he defended Russia's anti-gay law by equating gays with pedophiles and said Russia needs to "cleanse" itself of homosexuality if it wants to increase its birth rate.

"There are no fears for people with this nontraditional orientation who plan to come to Sochi as guests or participants," Putin declared.

Putin refused to answer a question on whether he believes that people are born gay or become gay. The Russian law, however, suggests that information about homosexuality can influence a child's sexual orientation.

He said the law was aimed at banning propaganda of homosexuality and pedophilia, suggesting that gays are more likely to abuse children.

The law on propaganda has been used to justify barring gay pride rallies on the grounds that children might see them. This has raised the question of how athletes and fans would be treated for any gay rights protests during the Olympics. When asked about this by the ABC TV channel, Putin said protests against the law itself would not be considered propaganda.

THE ASSOCIATED PRESS

A Russian gay rights activist walks along a police line during a rally on a Moscow boulevard on Sunday. ALEXANDER ZEMLIANICHENKO/ THE ASSOCIATED PRESS

China

790,000 fake ID records found in police database

Police in China have discovered 790,000 fake ID records in their system, which can be used to gain benefits, hide assets and circumvent property ownership restrictions.

The records that included people registering with different details came to light when police used image matching technology, the Ministry of Public Security said Sunday. THE ASSOCIATED PRESS

Britain

Councilman blames floods on gay marriage law

The British far-right United Kingdom Independence Party has suspended local councilman David Silvester who blamed recent severe flooding on the U.K. government's legalization of gay marriage.

The party initially defended Silvester but suspended him Sunday for defying instructions not to give further interviews.

THE ASSOCIATED PRESS

Orthodox Christians take Epiphany dip in Belarus

A man crosses himself while bathing in the ice cold water during Orthodox Epiphany celebrations at a lake in the village of Zadomlya, Belarus, Sunday. Thousands of Belarusian Orthodox Church followers plunged into icy rivers and ponds across the country to mark Epiphany, cleansing themselves with water deemed holy for the day.

SERGEI GRITS/THE ASSOCIATED PRESS

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Harper hailed as 'a great friend of Israel' during lavish welcome

Mideast trip. PM will address Knesset, meet with the president of the Palestinian authority and also visit Jordan during his six-day visit

Prime Minister Stephen Harper basked in a hero's welcome in Israel Sunday as he arrived for his inaugural visit to the Middle East, taking in a mountaintop view of Old Jerusalem before his Israeli counterpart literally rolled out the red carpet.

Harper is "a great friend of Israel and the Jewish people," Prime Minister Benjamin Netanyahu said at an elaborate welcome ceremony for Harper held inside a tent pitched outside his office that featured the two leaders reviewing an honour guard as a military band played. The two men greeted a receiving line of high-ranking Israeli and Canadian ministers, diplomats and rabbis from both countries. Netanyahu told the reception that Harper has shown "great moral leadership" in fighting terrorism and taking a stand against anti-Semitism and Iran, telling Harper he's "shown courage, clarity and conviction."

After beaming through Netanyahu's praise, Harper strode to the podium to say he was delighted to be in Israel, adding he'd save further comments for his speech to the Knesset, Israel's parliament, on Monday.

That historic address comes after Harper travels to Ramallah for a meeting with Palestinian Authority President Mahmoud Abbas. He'll also visit Jordan at the end of the six-day visit.

THE CANADIAN PRESS

Details

- Harper is travelling with six cabinet ministers, a senator, 30 business executives, 21 rabbis and a priest.
- Harper will be the first Canadian prime minister ever to address the Knesset.

Prime Minister Stephen Harper meets with Israeli Prime Minister Benjamin Netanyahu in Jerusalem on Sunday. While in the Middle East, Harper will visit Israel, the West Bank and Jordan. SEAN KILPATRICK/THE CANADIAN PRESS

Canadians killed in Kabul 'dedicated,' 'good persons'

JOE LOFARO
Metro in Ottawa

Two Canadians killed in a suicide bombing at a restaurant in Kabul Friday were "dedicated" workers contributing to the "peace and security" of Afghanistan, co-workers and family members said.

Daniel Charron, a partner at Samson and Associates where Peter McSheffrey and Martin Glazer worked as accountants, said employees at the Gatineau-based firm are in shock and devastated.

A suicide bomber walked into La Taverna du Liban, a popular restaurant frequented by foreigners in Kabul, followed by two armed gunmen who opened fire on patrons during dinner. McSheffrey, who was in his early 40s, and Glazer, 49, were among the 21 people killed, 13 of which were foreigners.

"They were taking a lot of pride in their work. They were good persons with a good heart," Charron told Metro Sunday.

McSheffrey, of Ottawa, and Glazer, of Gatineau, Que., were hired by the Canadian International Development Agency to audit an international organization in Kabul which received funds from the government of Canada, said Charron. They were scheduled to return to Canada this week.

"Right now it's devastating," said Charron. "We're working with the embassy and the military to bring back the bodies for the families in Canada."

WITH FILES FROM THE CANADIAN PRESS

Martin Glazer of Gatineau, Que., left, and Peter McSheffrey of Ottawa are shown in their LinkedIn profile photos. They were among 21 people killed in Friday's attack at a popular restaurant in Kabul, Afghanistan. LINKEDIN/THE CANADIAN PRESS

Marijuana. Obama: Pot a 'waste of time' but no more dangerous than alcohol

U.S. President Barack Obama said he doesn't think marijuana is more dangerous than alcohol "in terms of its impact on the individual consumer."

"As has been well documented, I smoked pot as a kid, and I view it as a bad habit and a vice, not very different from the cigarettes that I smoked as a young person up through a big chunk of my adult life. I don't think it is more dangerous than alcohol," he said in an interview with The New Yorker.

Smoking marijuana is "not something I encourage, and I've told my daughters I think it's a bad idea, a waste of time, not very healthy," Obama said.

Obama's administration has given states permission to experiment with marijuana regulation, and laws passed in Colorado and Washington legalizing marijuana recently went into effect. The president said it was important for the legalization of marijuana to go forward in those states to avoid a situation in which only a few are punished while a large portion of people have broken the law at one time or another.

The president said he is troubled at the disproportionate number of arrests and imprisonments of minorities for marijuana use. "Middle-class kids don't get locked up for smoking pot, and poor kids do," he said. "And African-American kids and Latino kids are more likely to be poor and less likely to have the resources and the support to avoid unduly harsh penalties." THE ASSOCIATED PRESS

U.S. President Barack Obama speaks in Washington on Friday. CAROLYN KASTER/THE ASSOCIATED PRESS

Q4 fundraising

Tories raise $5.2M to Liberals' $4.3M

The Conservatives easily defended their position as top political fundraisers last year, taking in $5.2 million in the final quarter of 2013.

Party president John Walsh told supporters in an email Sunday that the party had its best fourth quarter ever in a non-election year.

The Liberals had hoped to overtake the Tories during that last three-month stretch, but came in at $4.3 million. THE CANADIAN PRESS

Webbing Ball

Spidey Cyruses twerk for mates

Think Miley Cyrus, but with more legs. Black widow spiders use jittery, abdominal movements not unlike twerking, the hip-shaking dance move made famous by Cyrus, to navigate the dangerous world of arachnid mating, according to a newly published study from a team of B.C. researchers. THE CANADIAN PRESS

Anti-protest laws in Kyiv lead to clashes with police

New mass disorder charges invoked.
The ministry said convictions could bring prison sentences of up to 15 years

Thousands of anti-government demonstrators clashed for hours with riot police in Ukraine's capital Sunday, attacking officers with sticks, stones and flares after new laws were passed to stifle protests. Dozens of people, including more than 20 police officers, were injured.

The protesters, many wearing hard hats and gas masks in defiance of the new legislation, also used stun grenades and fire extinguishers on officers. A police bus was set on fire, and some activists broke pavement into chunks.

Police responded by using tear gas and stun grenades of their own. Water cannons were also fired at the protesters in temperatures of -8 C, but the clashes continued.

The violence seriously escalated Ukraine's political crisis, which erupted two months ago after President Viktor Yanukovych's decision to freeze ties with the European Union and seek a huge bailout from Russia.

The decision set off round-the-clock protests in Kyiv's centre, where demonstrators built a large tent camp. The protests have been mostly peaceful, but anger rose sharply after Yanukovych on Friday approved laws sharply limiting Ukrainians' rights to protest, civic activism and free speech. The U.S. called that legislation "undemocratic."

THE ASSOCIATED PRESS

Opposition leader and former WBC heavyweight boxing champion Vitali Klitschko, centre, is attacked and sprayed with a fire extinguisher as he tries to stop the clash between police and protesters in central Kyiv, Ukraine on Sunday.

EFREM LUKATSKY/THE ASSOCIATED PRESS

Moscow

Video posted by militant group threatens the Sochi Olympics

An Islamic militant group in Russia's North Caucasus has claimed responsibility for twin suicide bombings in the southern city of Volgograd last month and posted a video threatening to strike the 2014 Winter Olympics in Sochi. There had been no previous claim of responsibility for the bombings, which killed 34 people and heightened security fears before next month's Olympics. In the video, two Russian-speaking men sitting in front of black banners with Arabic verses warn President Vladimir Putin that if the games are held, "we will give you a present for the innocent Muslim blood being spilled all around the world." They add that "for the tourists who come there will be a present too." The video was posted Sunday on the website of the militant group Vilayat Dagestan.

THE ASSOCIATED PRESS

Thanks for taking care of business!

The host organizing committee of the annual JDC West business competition would like to thank all those who contributed to making the 2014 edition in Regina the best competition ever.

JDC West is the largest business case competition in Western Canada. The three-day event brought together more than 600 of Western Canada's brightest students from 12 business schools to compete in four highly contested areas: academics, debate, athletics, and the anything-goes social competition.

The participating schools were:

Simon Fraser University – Beedie School of Business
University of British Columbia – Okanagan Campus
University of Calgary – Haskayne School of Business
University of Manitoba – Asper School of Business
University of Regina – Paul J. Hill School of Business
University of Victoria – Peter B. Gustavson School of Business
University of Alberta School of Business
University of British Columbia – Sauder School of Business
University of Lethbridge – Faculty of Management
University of Northern British Columbia
University of Saskatchewan – Edwards School of Business
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Hill School of Business
hill.uregina.ca

JDC West

Buyer beware: The bitcoin bonanza

HOW TO ROLL
Alison Griffiths
metronews.ca

Is it currency, speculation, a black-market tool or an investment? Bitcoins are actually all four. For those who bought the cyber- or crypto-currency in 2011 at $0.30 US per unit, or even early last year when the price had jumped to $13, it's been a whale of a deal. Today, a single bitcoin is worth $866 US.

Some merchants are attracted to bitcoins because transaction fees are lower than with credit cards. Another virtue is that they can be converted to local currency within 24 hours, which may appeal to travellers (changing currency can be an expensive nuisance, and using a Canadian credit or debit card in other countries racks up exchange fees).

Many traditional merchants are now advertising that they accept bitcoins in a push to draw customers. However, if digi-money takes hold, it will likely be through online retailers such as recent convert Overstock.com.

A recent Montreal Economic Institute paper noted that because bitcoin is both a payment method and currency, it could become an international platform for many banking services.

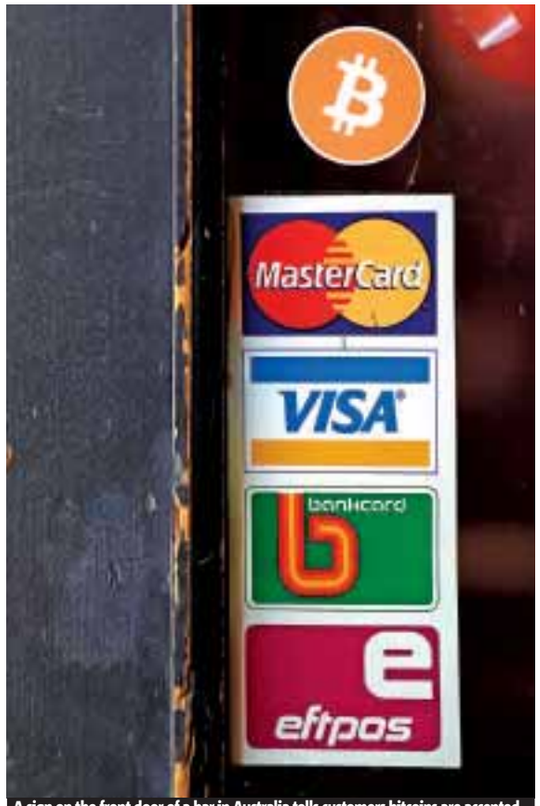
Still, without government oversight to reduce speculation, volatility and fraud, bitcoins are too easily tainted. Thefts of the digital money, which have been on the increase worldwide, and the 2011 shutdown of the illicit drug site Silk Road, cast a pall over the currency.

Nonetheless, there are predictions that a single unit will be worth as much as $100,000 one day soon. If you dip your toe in, recognize that the bitcoin world is still high-wire risky.

Risky business

Buy the cyber-currency at your own risk.

- While physical bitcoins exist, they're mainly for collectors. A bitcoin wallet is like a virtual bank account with token-like credits purchased for cash. There is no personal identification attached to the wallet, just a bunch of computer codes.
- The currency is available through an increasing array of bitcoin exchanges or in private transactions where a bitcoin holder transfers them into your "wallet" in return for payment.
- There are now bitcoin ATMs popping up across Canada (in Toronto, Vancouver and Ottawa, with more on the way) where cash gets you digital dough.
- If lost, stolen by hackers or left on your recycled old smartphone or tablet, kiss the currency goodbye.



A sign on the front door of a bar in Australia tells customers bitcoins are accepted. Many merchants are embracing the digital-currency craze. GETTY IMAGES FILE

People from normal childhoods with normal lives don't end up homeless. Dave disagrees.

(Dave, in shelters for 12 years)

HOMELESSNESS CAN HAPPEN TO ANYONE. VISIT RAISING THE ROOF.ORG TO HELP. RAISING THE ROOF

A dream derailed. Streets named after MLK struggle to rise above urban blight

A walk down the 10-kilometre city street named for the Rev. Martin Luther King Jr. yields plenty of images that would surely unsettle the civil-rights leader: shuttered storefronts, open-air drug markets, quickie cheque-cashing providers and liquor stores.

The urban decay along Dr. Martin Luther King Jr. Drive in St. Louis can be found in other major American cities, from Houston and Milwaukee to Washington, D.C.

"It's a national problem," said Melvin White, a 46-year-old postal worker in St. Louis and founder of a three-year-old non-profit group that is trying to restore King's legacy on asphalt. "Dr. King would be turning over in his grave."

Nearly three decades into the observance of Monday's U.S. federal holiday honouring the slain civil-rights leader and Nobel Peace Prize laureate, the continuing decline of the most visible symbols of King's work has White and others calling for a renewed commitment to the more than 900 streets in the U.S. named in the Atlanta native's honour. THE ASSOCIATED PRESS

Melvin White walks past a boarded-up building during a tour of Dr. Martin Luther King Jr. Drive in St. Louis last week. JEFF ROBERSON/THE ASSOCIATED PRESS

Mined controversy

Neil Young wraps up anti-oilsands concert series

Singer Neil Young did not accept an invitation from a petroleum producers group to meet before his final concert to raise money for opponents of Alberta's oilsands Sunday.

His Calgary performance followed stops in Toronto, Winnipeg and Regina where Young dropped statements about the oilsands that many denounced as over-the-top. THE CANADIAN PRESS

Interest rate news

Loonie's nosedive could continue

The Canadian dollar, already the worst performing primary currency, could be in for even more downward pressure depending on what the Bank of Canada has to say at its next scheduled interest rate announcement on Wednesday.

There is no doubt the central bank will keep its key rate at one per cent, where it's been since September 2010. THE CANADIAN PRESS

SWEET BITUMEN ALBERTA?

URBAN COMPASS

Paul Sullivan
regina@metronews.ca

Well, I heard Mister Young sing about her
Well, I heard ole Neil put her down
Well, I hope Neil Young will remember
A Southern man don't need him around anyhow

–Sweet Home Alabama, Lynyrd Skynyrd, released June 24, 1974

As you can see by the above lyrics, rock star and Canadian ex-pat Neil Young is no stranger to controversy. Way back at the dawn of rock 'n' roll, he condemned the South for its racial backwardness in Southern Man.

He was promptly taken to task in what has become one of the rock classics of all time, number one on the 20 Greatest Southern Rock Songs according to CMT.

"Her" in Sweet Home Alabama refers to Alabama. I'm not sure what we should call Fort McMurray, the latest target of ole Neil's wrath.

Hiroshima, maybe. That's what Neil says the oilsands capital reminds him of, and that's certainly been provocative enough to get everybody, Saskatchewan's Premier Brad Wall included, climbing all over themselves to get a piece of the 68-year-old rock legend.

The premier called Young "ignorant" and "insensitive" after ole Neil slammed the oilsands before embarking on a four-city tour to raise money for the Fort Chipewyan First Nation, which is fighting the oilsands on various legal fronts.

You go, Northern Man. Why not set them fightin' words to banjo music and give Sweet Home Alabama a run for its money? You might not get to No. 1 with a bullet, but I'm betting you could get "Sweet Bitumen Alberta" declared the No. 1 northern rock song of all time.

After all, the category is wide open.

I'm not sure if it's a fair fight, no matter how you look at it.

Neil Young may or may not be insensitive and ignorant, but he's no policy analyst. How, exactly, we're going to make the transition from fossil fuels to less environment despoiling alternatives is apparently beyond the scope of 12-bar blues, the foundation of Neil's analysis.

Even though he does brandish a mean banjo, Premier Wall is no rock legend like Neil, who's been inducted into the Rock and Roll Hall of Fame — twice. When Neil Young compares Fort McMurray to Hiroshima, millions of aspiring rock legends start bashing out tunes about the Hiroshima of the North.

While they're both preaching to the choir, it's clear Young's voice is louder and more powerful, if not quite in tune. Support for the oilsands is falling, according to the latest poll, and it could be that right-thinking Canadians don't want to think we're responsible for turning the North into a smoking ruin, whatever the "facts."

The battle won't be won by facts. It'll be won with words, emotions and banks of amplifiers.

ZOOM

Yet another weird festival in Spain

BLAZQUEZ DOMINGUEZ/GETTY IMAGES

This one involves throwing turnips

A man throws a turnip at the Jarramplas as he makes his way through the streets beating his drum during the Jarramplas Festival on Sunday in Piornal, Spain.

The centuries old Jarramplas festival takes place annually every January 19 to 20 on Saint Sebastian Day. Every year one citizen is chosen to be the scape goat, and participants then hurl turnips and snowballs at them. This year they expect to use more than 20,000 kilograms of turnips.

Even though the exact origins of the festival are not known, various theories exist including the mythological punishment of Caco by Hercules, a relation to ceremonies celebrated by the American Indians that were seen by the first conquerors, to a cattle thief ridiculed and expelled by his village neighbours.

It is generally believed to symbolize the expulsion of everything bad.

GETTY IMAGES

Clickbait

LUKE SIMCOE
Metro Online

Back in the days of dial-up modems and cellular phones the size of bricks, people had to rely on their own willpower to break bad habits like smoking or tardiness. Fortunately, in our disruptive, technologically-enabled world, we can now get an assist from our smartphones when tackling character flaws and other foibles. Whether you suffer from vertical-video syndrome or can't stop hitting the snooze button, here are a few app suggestions for self-betterment:

Carrot:

Billed as a sentient, talking alarm clock, Carrot is more like a surly version of Apple's Siri. Carrot will reward you for completing tasks on your to-do list, but the app isn't afraid to berate you if it thinks you're slacking off. (meetcarrot.com)

Horizon:

Vertical video syndrome , or VVS for short, is the scourge of amateur videographers and YouTube fans alike. Fortunately, the viral video faux-pas has met its match in Horizon, a new app that forces your camera to shoot horizontal video no matter how you hold your phone. (evilwindowdog.com/horizon)

Walk Up:

This handy iPhone app helps you beat back the allure of the snooze button. Using the phone's built-in accelerometer, it forces you to walk a few steps before it shuts off. It helps that the app's alarm noises are restricted to a screaming male or female voice. (iTunes store)

CONTRIBUTED

Twitter

@metropicks asked: What do you think of the redhead in the new Wendy's commercials? Love or hate her? (See story, page 8)

@fakeGAINER: All "No Smoking" signs come down when she's dining in because she is SMOKING hot baby! #wendys #hotredhead

@phronk: I'd say @MsMorganSmith is my favourite person in television.

@sakuragirl13: All I know is that I've NEVER seen her take an actual bite of the food she's holding...

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

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When you're the woman for Wendy's

Morgan Smith.
Actress who plays chain's red-headed spokeswoman thinks gingers need to be given more credit

CYNTHIA BIGRIGG
scene@metronews.ca

What has red hair, freckles, is quick to burn in the sun and lacks a soul?

If you answered "a ginger," the new Wendy's girl wants you to reconsider.

"I think redheads get a lot of attention because they're few and far between," said actress Morgan Smith, star of the Wendy's commercials and a natural dark blond. "They're kind of like the unicorns of modern day society.

"I don't want to seem hypocritical, because I'm not a natural redhead," she added. "I think we have to give them a bit more credit and stop picking on them, because they are fascinating creatures."

The 29-year-old small-town Alabama native credits Danny Kaye, Judy Garland and Lucille Ball — all red-haired actors — with inspiring her to get into acting. "I was four years old, acting out the Wizard of Oz in our living room, so my love for it started then," said Smith.

Admittedly shy as a child, Smith discovered at an early age that acting brought her out of her shell and gave her a way to express herself.

Small-town Smith

- **Morgan Smith says she always knew she wanted to move to New York City and perform.** Despite years of preparation, culture shock still struck when she arrived in The Big Apple. "It was a bit intimidating. I don't think there is anywhere else in the United States where you are surrounded by as many people as you are on a New York subway platform."

With three red-headed performers as role models, it's little wonder Smith jumped at the opportunity to colour her locks a fiery red and become an honorary ginger for her role in the most recent Wendy's commercials.

In the commercials, Smith plays a sassy, fun, good-natured young woman, enticing everyone from her co-workers to strangers in a grocery store to try Wendy's products. Her humorous and likeable character has captivated audiences across North America.

"It was a big job," Smith said of the audition process. "I never thought: 'Oh, I got this.' I was just crossing fingers and toes and hoping that I was able to do my best there.

"It's given me a ton of exposure. You have to be forever grateful and very flattered when a company will trust you with their brand. So I don't take it lightly."

Morgan Smith is the perky redhead in the Wendy's commercials. CONTRIBUTED

With the commercials Smith stars in being heavily circulated, she has received big-time attention — positive and negative — online. Websites idolizing the actress are abundant, but others, such as the 'I hate the Wendy's Girl' Facebook page, are also prevalent.

"I try not to let it affect me at all. I try to just live my life like the same ol' Morgan," the actress said of the sites that are dedicated to her. "I had no idea people would be so opinionated over a 30-second ad. I think the Internet has given people a forum to say whatever they want without consequence. If that's something they want to put their time into, I appreciate the positive, and I'll take the negative with a grain of salt," she said. "I know it's out there, I'm well aware. Nobody is universally liked, so it's all about perspective."

Mum's the word on what is next for the actress. "I'm still working on some other stuff. Some really interesting things have presented themselves, we're just looking for the right opportunity."

Opinion

On the web of fame...

In 2012, documentarians Ian Roumain and Michael Schwartz featured 16 lesser-known male actors who worked in film for a long time. You wouldn't know their names, but you have — without question — seen their work, recognizing them as, That Guy ... Who Was In That Thing (also the name of the documentary). You might have the same reaction if you ran into Morgan Smith, the current face of Wendy's advertising campaigns. But, here's the thing: she's also Internet famous. Anyone can publish an opinion online, and they're talking a lot about Smith, predominantly known for pimping burgers and fries in 30-second spots for Wendy's. Diatribes like An Open Letter To Wendy's, on the Advertising By Design blog, feature a 500-plus word essay from Meagan McNulty on why Smith just isn't working for her, while PolicyMic has an article titled 3 Reasons Why Dating the Wendy's Girl Would Suck. If you're wondering why so many have so much to say about Smith, look no further than Arianna Huffington's take on why The Huffington Post's popularity continues to grow: "Self-expression is the new entertainment," she says. People have always had an innate desire to express their views and the Internet made it happen. In a world where everyone is a publisher, those 30-second spots are getting Smith (and others) more than their 15 minutes of fame.

MITCH JOEL IS PRESIDENT OF TWIST IMAGE AND AUTHOR OF SIX PIXELS OF SEPARATION. HIS NEW BOOK CTRL ALT DELETE IS IN BOOKSTORES NOW.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Joe Jonas ALL PHOTOS GETTY IMAGES

Joe Jonas is Burnin' Up L.A. streets as a cab driver

In today's edition of "One-Time, Sort-of Celebrities: Where are They Now?" Joe Jonas is currently driving a taxi in Los Angeles. For real. It seems Joe couldn't rest on the laurels of any Jonas Brothers residuals (probably because there aren't any) after the boy band broke up a few months back, and had to get a real job — a real job driving an Uber cab in L.A., an image just slightly sadder than that time 'N Sync "re-united" at the VMAs.

Twitter user @lindsey-farwell and some friends ordered a cab through the popular Uber taxi app last Thursday and got the thrill — OK, the mild surprise — of a lifetime when the driver of their cab turned out to be the one-time boy band star. According to her tweet, "Today @millsbopp and I got in an @Uber and @joejonas was our driver and we went to Pinkberry and then took a selfie." But from the looks of the selfie she posted, it seems like Jonas is a good sport and sort of weirdly happy to be driving a cab instead of driving tween girls wild.

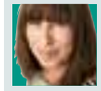
Johnny Depp

Have you Heard those wedding bells, Johnny?

While Johnny Depp shared 14 years together — and two children — with Vanessa Paradis, he always maintained marriage wasn't that important to him. "I never found myself needing that piece of paper," he told Extra in 2010. Well, apparently he's changed his tune, as Depp has reportedly proposed to girlfriend Amber Heard, according to People magazine. "They couldn't be happier to be engaged and excited to share the rest of their lives together," a source says. Depp and Heard, who met while filming The Rum Diary, went public as a couple shortly after he split from Paradis in 2012. Prior to settling down with Paradis, Depp was married once before — briefly, at age 20 — and was engaged at various points to Jennifer Grey, Sherilyn Fenn and Winona Ryder.

Pop Goes the Week

Ke$ha and mom spend time together



STARGAZING
Malene Arpe
scene@metronews.ca

Ke$ha's mother checked into the same rehab as her daughter. "Well, good," said the rehab counsellor. "There's one less pesky issue I have to waste my time getting to the bottom of."

Oprah is apparently shocked and surprised that working with Lindsay Lohan has been difficult. Staying informed: apparently not one of Oprah's favourite things.

While ex Robin Wright got engaged to Ben Foster, Sean Penn made out with Charlize Theron and Robin and Sean's daughter Dylan was seen canoodling with Steven R. McQueen (who is, FYI, the grandson of Steve McQueen). Robin and Sean's son Hopper was all like, "And you wonder why I never, ever leave the house."

Jessica Simpson's sister Ashlee got engaged to Diana Ross' son Evan. Said the Wright-Penns, "That's cute. Whatevs."

Modern Family's Sarah Hyland says that Taylor Swift is "just the most down-to-earth person." "Except," she continues, "Taylor's earth is made from the ground-up, cursed bones of her ex-boyfriends. And it is, of course, covered in carpets woven of gold-thread and fake self-deprecation."

Justin Bieber's silly egging incident has clearly been blown completely out of proportion. Can't a man-boy visit his neighbour and offer him a nice, warm plate of Eggs Bieberdict without being accused of a crime?

Madonna

Madonna's Instagram quips not really in Vogue

Madonna can't seem to win when it comes to Instagram and her 13-year-old son, Rocco Ritchie. The singer is on the defensive again, apologizing for poor word choice in the caption of a photo of her son boxing. "I am sorry if I offended anyone with my use of the N-word on Instagram. It was not meant as a racial slur. I am not a racist," she said in a statement over the weekend. "There's no way to defend the use of the word. It was all about intention. It was used as a term of endearment toward my son, who is white. I appreciate that it's a provocative word and I apologize if it gave people the wrong impression. Forgive me."

Dennis Rodman

First North Korea, then rehab

This might explain some of his more outrageous recent behaviour: Dennis Rodman has checked himself into an East Coast rehab facility to treat his alcoholism, according to CNN. Rodman, who has been in the news for his goings-on with North Korean dictator Kim Jong Un, most recently exploded at a CNN reporter during a live interview, and he later blamed his actions on his drinking.

Twitter

@Real_Liam_Payne
Being a fan of someones show and the way they still hold a family together doesnt mean i am ok with all they say. **(comment about Duck Dynasty)**

@AlbertBrooks
Why am I hearing what The Bachelor thinks about anything? Why? Why?

@oliviawilde
Just realized I am following a bunch of people by accident. How creepy. I feel like Robert Downy Jr waking up in the little girl's bedroom.

Travel Tidbit

Trip, interrupted

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Extreme weather conditions across the country have resulted in record numbers of airport shutdowns, cancelled flights and disgruntled travellers scrambling to salvage their anticipated vacations.

Throw in a family member with the flu and justifying the purchase of trip interruption or cancellation insurance becomes easy.

Prices vary, but usually this type of insurance has a reasonable cost compared to the potential lost value of the vacation. Let's see.

Coverage: trip cancellation (for medical reasons), trip interruption, meals and accommodation, (trip) transportation, missed connection benefit, travel delay (per day max.), delays of your scheduled carrier, next occupancy. Coverage can vary so check your insurance provider's policy.

Cost: Depending on the price of your trip, where you are travelling, and what you choose to cover within the policy. It is typical for the insurance company to cap the value of your vacation at a certain amount.

Where to buy it: It can be as easy as going online. Visit pcinsurance.ca to get a quick quote, and purchase insurance immediately. Out of country medical is also offered. **KATHY BUCKWORTH IS THE AUTHOR OF I AM SO THE BOSS OF YOU.**

Exclusively online

Read the latest Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious, bestselling book Reasons Mommy Drinks at metronews.ca/voices.

Teens baring their souls online

Mental health. From YouTube videos to tweets, teens are sharing thoughts and feelings with strangers. But is that a good idea?

As more teens share personal issues online, experts warn them to be cautious in what they reveal. ISTOCK

Chiara de Blasio helped get her dad elected mayor of New York City. But recently, the 19-year-old did something else: She bared her soul on YouTube about her battle with depression and substance abuse. The idea, she said, was to urge others to get help.

Today's teens are notorious over-sharers on social media, but does Chiara's revelation symbolize something else? What inspires young people to publicly disclose their depression, drinking and drugging, eating disorders or struggles against suicidal thoughts?

"I think in general that it's healing for people to be honest. I also think in the admissions context that it's very challenging and problematic. I would advise a child to go very gingerly," said Carol Barash, founder and CEO of Story to College, a Manhattan-based non-profit that has worked with thousands of students on how to shape personal narratives for college essays and scholarships.

"There's a difference between telling your friends and the whole world," she added. "Most kids don't have a PR team to help them through what could happen (and) all the fallout from doing that brave, courageous thing."

Something between 13 and 20 per cent of kids and adolescents in the U.S. aged three to 17 experience a broad range of mental disorders in a given year. Those numbers appear to be increasing, according to a recent report from the Centers for Disease Control and Prevention, which looked at data over multiple years from multiple sources.

Suicide, for youth aged 12 to 17, was the second leading cause of death in 2010, the report said.

"We are seeing more public disclosure," said Cheryl Rode, senior clinical director for the non-profit San Diego Center for Children, which is under contract to provide services through San Diego County.

"Some of it is because of the movement of social media but some of it is also within the field of mental health. There's a large focus on stigma reduction," she said. "Many teens feel like they're the only ones experiencing whatever it is they're going through, and so when others are speaking up, it makes it a little bit safer. Talking about mental health is really important."

But talking to whom? That, she said, is an "individual and personal decision" that should definitely include parents.

"Most kids, when they're sharing, are sharing more impulsively," Rode said. "I would not say parents should encourage publicizing to a mass audience their youth's mental health status. You lose control of it. Disclosing in a more limited personal way is a better way of building support."

While trying to lessen stigma over mental health diagnoses and substance abuse, Los Angeles child and adolescent psychiatrist Anandhi Narasimhan also cautions that public disclosure remains risky for young people, especially when "coming out" at school or in the college admissions process.

"It depends on the admissions committee and who reads the essay. You just don't know," she said.

THE ASSOCIATED PRESS

Talking breast cancer

EMILY LAURENCE
Metro World News in New York City

It's safe to say that pretty much every pre-teenage girl is self-conscious about her bra size, and doesn't want to talk about it.

Any discussion with the word "breast" is likely to make your daughter squirm with discomfort, but if having such discussions about breast cancer helps lower her risk of being among the one in eight women diagnosed with it, then they are definitely worth having.

The advocacy group Nourish Our Girls teamed up with the snack SuperSeedz to educate adolescents on how they can reduce their risk of getting breast cancer later in life. Their research has found making smart food choices is key.

"It is almost unbelievable that there is so little awareness about just how critical early diet and nutrition can be in reducing breast cancer risk," says nutritionist Nicole Larizza.

Establishing good eating habits early in life is crucial, which has obvious benefits that extend beyond lowering one's risk of developing breast cancer.

Talk with your daughter about how making healthy choices when it comes to her snacks or school lunch will lower her odds of becoming a victim of the fourth leading cause of death in the U.S.

Talking about breast cancer is vital to raising awareness. ISTOCK

Put Fettuccine Alfredo on a diet and get rid of almost half its calories

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Ingredients

- 8 oz raw boneless, skinless, chicken breast
- 1/2 lb fettuccine
- 1 cup low-sodium cold chicken (or vegetable) stock
- 3/4 cup evaporated 2% milk
- 1/2 tsp Dijon mustard
- 1/2 tsp pepper
- 1 tsp finely chopped garlic
- 2 tbsp all-purpose flour
- 1/4 cup diced light cream cheese
- 6 tbsp grated Parmesan cheese
- 1 cup sliced snow peas
- 1 cup sliced yellow bell pepper
- 2 tbsp chopped fresh basil

Traditional Fettuccine Alfredo made with butter, cream and cheese, is better known as "heart attack on a plate". It is definitely not recommended on a regular basis due to the high calories, fat and saturated fat.

A restaurant version can have more than 1,000 calories and 45 grams of fat!

My adaptation is not only delicious but so much healthier with a fraction of the calories (410) and fat (seven grams) .

The sauce in this version, uses stock, evaporated milk and light cream cheese to replace the commonly used, high caloric ingredients.

I add the chicken so that you have a lean protein with your carbohydrates and make it a complete meal.

You can always substitute the chicken with fish, seafood, tofu or lean beef. This keeps you fully satisfied much longer than just a pasta dish.

For an extra boost of fibre, try whole wheat pasta. It has double the fibre than white pastas.

FLASH FOOD

From your fridge to your table in 30 minutes or less

Directions

1. In a grill pan or 400 F oven, cook the chicken breast for about 10 minutes or just until it reaches 160 F or is no longer pink. Let cool then slice thinly.

2. While the chicken is cooking, bring a large pot of water to a boil. Add the fettuccine and cook for 8 to 10 minutes or until just tender. Drain and place it in a large serving bowl. Cover to keep warm.

3. Meanwhile, in a saucepan off the heat, combine the stock, evaporated milk, mustard, pepper and garlic. Slowly whisk in the flour until smooth. Place the saucepan over medium heat and bring to a slight boil. Reduce the heat and simmer, whisking constantly, for 4 to 5 minutes or until slightly thickened. Remove from the heat and whisk in the cream cheese and 4 tbsp of the Parmesan cheese, whisking just until the cheese is melted. Set aside.

4. Lightly coat a nonstick skillet with cooking spray and set over medium-high heat. Add the peas and bell pepper and sauté for 2 minutes or until warm but still crisp. Add to the cooked fettuccine, pour the sauce over the pasta along with chicken and toss. Garnish with the remaining Parmesan cheese and basil. Serve immediately.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

This recipe serves four. ROSE REISMAN

Get fancy in just a few steps

This Browned Butter Mushroom Ravioli with Sage recipe serves four. NEWS CANADA

1. Put pot of lightly salted water on to boil for pasta.

2. In shallow skillet, melt butter over medium high heat. Add sage leaves. Cook, swirling pan occasionally, until butter turns brown and smells like toasted almonds. Remove skillet from heat. Place sage leaves on a couple layers of paper towel to drain. Reserve 1 tablespoon of the browned butter for later.

3. Return skillet to medium heat. Sauté garlic in browned sage butter until soft. Add mushrooms and increase heat to medium-high, adding a pinch of sea salt and generous grinding of fresh black pepper. Cook mushrooms until soft, 3 to 5 minutes. Stir in thyme and cream, and cook until cream has thickened, 2 minutes. Keep warm on low while you tend to pasta.

4. When water reaches a full, rolling boil, cook pasta to al dente stage. Timing varies depending on whether using fresh or dried pasta. Drain pasta being careful not to tear it.

5. Set out four plates and place one sheet of pasta in the middle of each. Spoon 1/4 of the mushroom mixture on eat sheet of pasta and sprinkle with 1 tablespoon of Parmesan. Top with a second sheet of pasta. Drizzle with some of the browned butter. Garnish with a fried sage leaf. A dusting of more freshly ground pepper is nice, but not necessary. Serve.

NEWS CANADA/ MUSHROOMS.CA.

Ingredients

- 1/4 cup butter
- 4 large sage leaves, whole
- 1 clove garlic, minced
- 4 cups sliced mushrooms
- 1 pinch fine sea salt
- freshly ground black pepper
- 2 sprigs thyme, leaves removed
- 2 tbsp heavy cream (35%)
- 8 sheets pasta sheets, fresh is best but dried will do (about 4 inches square)
- 1/4 cup grated Parmesan

Etch out an entrepreneurial plan lest the economy eats you up

There's freedom in the freelance. Every person has a plethora of talents, so how about turning a side hobby into a cash-making side career

DAN SCHAWBEL
Metro World News

What skills have you got in your back pocket that aren't being put to good use? ISTOCK

Gone are the days when you could rely on one source of income to survive. Secure full-time jobs are scarce — the economy is too unpredictable, and there are many external factors that you can't control — like your company going into bankruptcy or eliminating your department.

Amid all this uncertainty are corporations that aren't hiring, even though they are making more money. And just because you work at a well respected company doesn't mean you're protected from unpredictable layoffs.

In this kind of employment climate, you need to have multiple sources of income.

The best way to accomplish that is by having an entrepreneurial mindset. Think about career diversification the same way you think about managing a portfolio of stocks.

If you put all of your money on one stock and it plummets, you are broke and living with your parents. On the other hand, if you invest in a series of stocks across various industries, you are more balanced. And if one tanks, you can stay afloat.

Although freelancing can be difficult, it is the easiest path to career diversification, and it's becoming more and more popular. Intuit predicts that 40 per cent of U.S. workers will be freelancers by the year 2020. With freelancing you can take on multiple clients, and if you lose one you can still survive. Aside from the benefit of freedom and flexibility, it diversifies you in a way that protects you from economic uncertainty. If you work for a big corporation, you should be doing side projects (such as freelancing) just in case you get laid off.

You can also parlay your entrepreneurial activity outside of work into a full-time job if you concentrate enough effort on it.

Diversifying your career is the smartest decision you can make because it gives you the upper hand in your career, and is your best insurance plan against things that you can't control.

DAN SCHAWBEL IS A WORKPLACE EXPERT, KEYNOTE SPEAKER, AND AUTHOR OF THE NEW YORK TIMES BEST-SELLING BOOK, PROMOTE YOURSELF: THE NEW RULES FOR CAREER SUCCESS.

Casting a wide workplace net

If you put all of your money on one stock and it plummets, you are broke and living with your parents. On the other hand, if you invest in a series of stocks across various industries, you are more balanced. And if one tanks, you can stay afloat.

Max out your TFSA contribution, not your credit card.

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'Round the world wisdom

The fastest members do not the quickest team make

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

Look to the turtle when your road gets rough. ISTOCK

Desert ultra-marathons can be entered either solo or as part of a team. The race is the same for both except for the fact that teams must have at least three members, they must start and finish the race together, and stay within 10 metres of each other at all times.

During the Gobi's team race, less gifted runners won the battle because they acted as a single cohesive unit.

The challenges that accompany team running are obvious. At no time can you run your own race. You are constantly running at someone else's pace: whoever is weakest at that moment. Having run two deserts as part of a team, I learned that one must let go of individuality and put the team first. Although a simple concept, it is difficult to adhere when experiencing pain and suffering while your innate survival instinct of every-person-for-oneself begs you to take over.

The winning team in the Gobi race was appropriately called Team Cohesion. They had an established leadership system, conflict resolution protocols and a high level of trust. Every breakdown was dealt with according to their pre-race agreement, minimizing the emotional responses one can make when under duress.

Cohesion was a team. Almost all the other teams, some vastly superior in skill, imploded and didn't finish. They ultimately became a group of individuals unable to handle setbacks or alter their expectations of each other.

When taking on a complex team-based project, consider having a contract of expectations with each member so you can finish and possibly win together.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

CONTRIBUTED

PROTECT YOUTH FROM ADDICTION

This year's National Non-Smoking Week theme, Truth in Advertising, highlights the promotion of tobacco products that continue despite governmental restrictions.

"If tobacco companies were truthful in their advertising, their packaging would be in the shape of a coffin," says Bob Walsh, executive director, Canadian Council for Tobacco Control. "It's no secret that cigarettes are the most dangerous product on the market — when used as directed, they have a 50 per cent kill rate. Yet, the tobacco industry continues to use branding and product packaging to attract youth and to make their deadly products appear safe."

Flavoured little cigars or cigarillos are packaged to look like candy, lip gloss, and crayons. The flavours mask the harsh taste of tobacco, making it easier for youth to experiment and become addicted. Available in fruit, candy and chocolate flavours, they are clearly designed to appeal to young people who often consider them less harmful than other tobacco products. They are marketed in singles and cost less than a toonie.

More than half of Saskatchewan youth who use tobacco have used flavoured tobacco. This is worrisome given that Saskatchewan has the highest youth smoking rate in Canada.

The Flavour Gone youth group from Lloydminster and The Lung Squad, a youth group from the Lung Association of Saskatchewan, are promoting a ban of flavoured tobacco products.

CONTACTS TO QUIT SMOKING

Free confidential help is just a call or a click away.

- Contact the Smokers' Helpline at 1-877-513-5333 or smokershelpline.ca.
- Contact a PACT (Partnership to Assist with Cessation of Tobacco) professional at makeapact.ca or call 306-586-1700.

"We want a healthy future for not only my generation, but generations to come," says Shaylin Wall, a student in Lloydminster. "On behalf of the youth of Saskatchewan, I call on the government of Saskatchewan to ban the sale of flavoured tobacco products and protect Saskatchewan's youth, Saskatchewan's future."

Late last year, the Alberta legislature voted to ban all flavoured tobacco products. Ontario has introduced similar legislation.

This National Non-Smoking Week, Saskatchewan health groups are urging the Saskatchewan government to ban these deadly products and protect our youth from a potential lifelong addiction.

For more about National Non-Smoking Week, contact the Saskatchewan Coalition for Tobacco Reduction at 306-545-4100 or the Canadian Cancer Society at 306-790-9871.

What's wrong with this picture?

Tobacco should not come in candy flavours.

Candy flavours make it easier for youth to experiment - and become addicted.

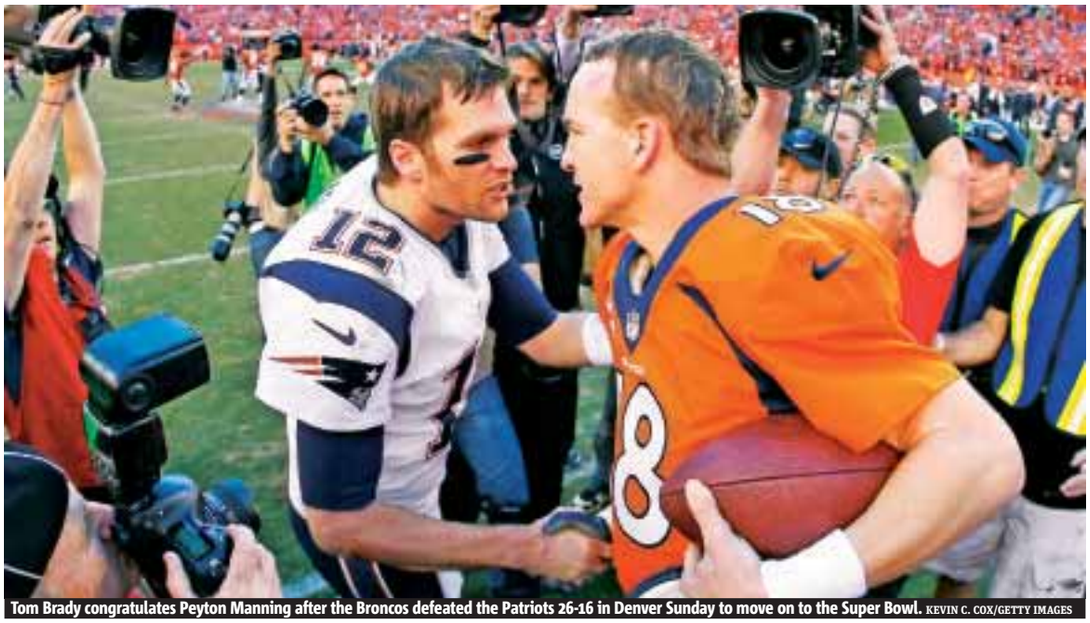
More than half of Saskatchewan youth tobacco users have used flavoured tobacco.

For the tenth year in a row, Saskatchewan has the highest youth smoking rate in Canada.

Let's protect our kids and ban these deadly products today.

SASKATCHEWAN RN ASSOCIATION
HEART & STROKE FOUNDATION
SMA Saskatchewan Medical Association
Canadian Cancer Society / Société canadienne du cancer
The College of Dental Surgeons of Saskatchewan
THE LUNG ASSOCIATION Saskatchewan
SASKATCHEWAN COALITION FOR TOBACCO REDUCTION

NATIONAL NON-SMOKING WEEK January 19 - 25, 2014



Tom Brady congratulates Peyton Manning after the Broncos defeated the Patriots 26-16 in Denver Sunday to move on to the Super Bowl. KEVIN C. COX/GETTY IMAGES

Manning delivers KO punch to Brady bunch

NFL playoffs. QB leads Broncos to Super Bowl for a shot at 2nd ring

Peyton Manning had an answer for everyone. What's new?

For Tom Brady. For the New England defence. For anyone who thought he couldn't win the big one.

Manning is taking the Denver Broncos on a trip to New York for the Super Bowl after another of his impeccably crafted victories — this time, a 26-16 win over the Patriots on Sunday in the AFC title game.

Less than three years after being unable to throw a football because of his surgically ravaged neck and nerve endings, Manning will get a chance for his second ring. He'll try to become the first quarterback to win one with two different teams, at the Meadowlands on Feb. 2 against either Seattle or San Francisco.

AFC championship

Broncos	Patriots
26	16

"It's very rewarding when you put a lot of hard work into the off-season and the regular season and it pays dividends with a huge win," Manning said.

After taking the final knee, Manning stuffed the football in his helmet and ran to the 30-yard line to shake hands with Brady. The Indy-turned-Denver quarterback improved to 5-10 lifetime against New England's QB, but 2-1 in AFC title games.

Manning set up four field goals by Matt Prater and put his stamp on this one with a pair of long, meticulous and mistake-free touchdown drives in which nothing came cheap.

The thought this week was that Bill Belichick's Patriots were playing with house money, having well exceeded expectations for a team that lost a number of stars and has been plagued by injuries all year. THE ASSOCIATED PRESS

NFC championship

Russell Wilson threw a 35-yard TD pass on fourth down and Seattle's top-ranked defence forced two late turnovers, lifting the Seahawks into their second Super Bowl with a 23-17 victory over the San Francisco 49ers on Sunday.

Olympic hockey

Crosby to captain Canadian ship at Sochi Games

Sidney Crosby is the face of the NHL and hockey in Canada, so it's only natural that he'll be the country's captain at next month's Sochi Olympics.

The Pittsburgh Penguins captain, who scored the gold-medal-winning overtime goal against the United States in Vancouver four years ago, got the nod to wear the C this time around.

Jonathan Toews of the Chicago Blackhawks and Shea Weber of the Nashville Predators were named alternate captains, Hockey Canada announced Sunday morning.

"Sidney, Jonathan and Shea have been leaders on the international stage in the past, as well as with their NHL teams," coach Mike Babcock said in a statement. "These three players will be at the forefront of our efforts in Sochi, but we are confident we have 25 players on our roster that will lead in their own way and allow our team to be successful."

THE CANADIAN PRESS

Hockey-bashing

"Calgary and Vancouver last night reiterated why the NHL is a minor sport."

Baseball analyst Peter Gammons on Twitter after a fight-filled Calgary Flames-Vancouver Canucks game Saturday night, which saw over 200 minutes of penalties and eight game misconducts, and featured altercations on and off the ice.

Bouchard to face former No. 1 after historic win

Eugenie Bouchard celebrates after a win in Melbourne, Sunday. RICK RYCROFT/THE ASSOCIATED PRESS

Montreal's Eugenie Bouchard thinks about tennis all the time, even when she's relaxing.

The 19-year-old is preparing for the biggest match of her fledgling career as she faces Ana Ivanovic in the quarter-finals of the Australian Open on Tuesday.

Bouchard, whose WTA ranking is expected to rise as high as No. 21 after this tournament, will face a tough test in Ivanovic, a former No. 1 and 2008 French Open champion.

Despite the daunting task, Bouchard has found sometime to unwind.

"Right now I'm watching Heart of Dixie on my computer," said Bouchard on Monday. "But I do enjoy watching tennis at night. Of course, it's tennis. But to me it's still watching as a fan, it's entertaining.

"I love tennis, it's my life. So thinking about tennis all the time is kind of what I do. I don't really try to get away from it too much. Once in a while, yes, but it's my job."

Bouchard's main task along with coach Nick Saviano will be to break down the game of Ivanovic, who has not lost a match this season (9-0).

Bouchard booked her place with a win over Australian Casey Dellacqua 6-7 (5), 6-2, 6-0 to become the first Canadian woman since Patricia Hy-Boulais at the 1992 U.S. Open to get this far at a major.

Bouchard said that she is taking confidence into her match with Ivanovic after beating her at Wimbledon last summer in a match suddenly moved onto Centre Court.

THE CANADIAN PRESS

Upsets Down Under

- **Serena Williams' 25-match winning streak came to an end in a stunning fourth-round defeat to Ana Ivanovic 4-6, 6-3, 6-3 on Sunday.**
- **Third-seeded Maria Sharapova was also eliminated in the fourth round early Monday, losing 3-6, 6-4, 6-1 to Dominika Cibulkova at Rod Laver Arena.**

Horoscopes

♈ Aries
March 21 - April 20
Whatever you're working on now will get done quicker if you get others involved — as equals. It may be your vision, but don't let your ego get in the way of success.

♉ Taurus
April 21 - May 21
Cosmic activity in the career area of your chart will do your reputation good over the next few days, so put your doubts behind you and show the world you have what it takes.

♊ Gemini
May 22 - June 21
You may be tempted to bend the rules but if you do you will regret it towards the end of the week when Mercury, your ruler, squares up to Saturn. One of the best times of the year is beginning. Don't cut corners.

♋ Cancer
June 22 - July 23
It's a vital time for money matters, so think before you act and act only in your own best interests. You will, however, have to work closely with others. You won't get where you want to go on your own.

♌ Leo
July 24 - Aug. 23
For the next few weeks, the Sun will be moving through your opposite sign of Aquarius, so opposition is to be expected. Make things easy for yourself: take others' needs and wishes into consideration more often.

♍ Virgo
Aug. 24 - Sept. 23
Do what it takes to stay healthy and whole. If you don't you will find yourself under increasing physical, mental and emotional pressure as your workload increases and energy declines.

♎ Libra
Sept. 24 - Oct. 23
If there is something artistic you have been thinking of trying, now is the time. With the Sun moving into the most dynamic area of your chart, you will make a name for yourself.

♏ Scorpio
Oct. 24 - Nov. 22
Try to be more sensitive when dealing with emotional issues that involve others. The thing to remember is that some people are quite fragile. So, if they burst into tears, you're doing it wrong!

♐ Sagittarius
Nov. 23 - Dec. 21
The pace of life is going to quicken over the next few days and you will have a lot of fun seeing how fast and how far you can go. But don't go so fast and so far that you risk having an accident. Pace yourself.

♑ Capricorn
Dec. 22 - Jan. 20
The Sun is moving into the area of your chart that governs material things, which means it is time to consolidate the gains you have made since the start of 2014. Fortunately, you're not the sort to give anything away.

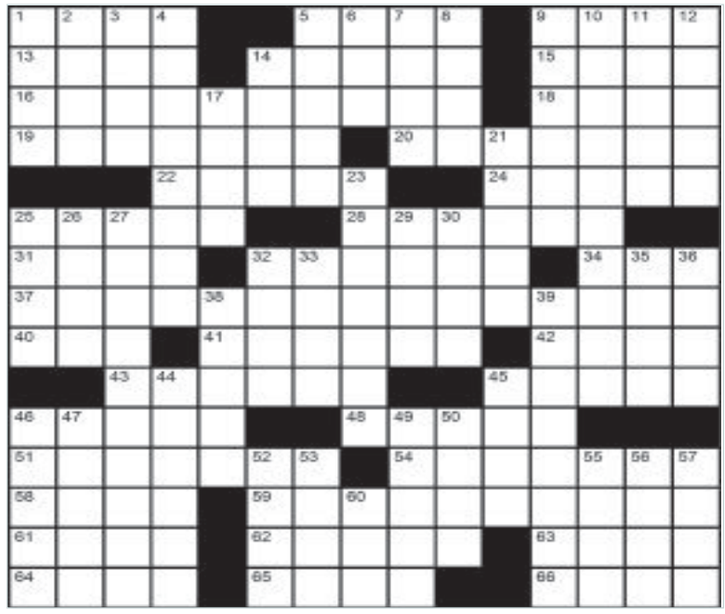
♒ Aquarius
Jan. 21 - Feb. 19
The Sun moves into your birth sign today, heralding the start of a busy and fun time in your life. The things you do over the next few weeks will determine the level of success you enjoy over the few years.

♓ Pisces
Feb. 20 - March 20
What happens over the next few days will make you less likely to crack under pressure in the future. Short-term difficulties will lead to long-term gains. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



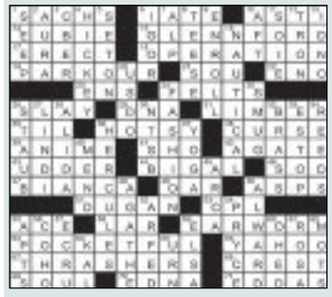
Across

1. Folk classic: "__ __ Darling Clementine"
5. Criminally puncture
9. Mr. Vigoda's
13. US music trade org.
14. The Way of the Sword
15. Beachy mound
16. Library and Archives Canada: 395 __ Street, in Ottawa
18. 'Eight'-meaning prefix
19. 'The Energy City' in Saskatchewan
20. Beach swimmer's device
22. Root veggies
24. Bar beverages
25. React to trying icky-tasting food: 2 wds.
28. Most peculiar
31. Had _ __ (Lost it)
32. Dressy wear
34. Prune
37. Wild West's taking-matters-into-one's own hands: 2 wds.
40. Nourished
41. Trousers measurement
42. "_! __..." (Anthem opener)
43. Town in southwestern Manitoba
45. TV: "How'd You __ __ Rich?"
46. Rainforest, for one
48. Enjoy the meal: 2 wds.
51. Debit card service in Canada
54. Wander about
58. Industrial region of Germany
59. "__ Canada" on CTV
61. Little bit of residue
62. Notions
63. Bruce Lee's role on '60s action series "The Green Hornet"
64. Wither
65. NB island in the Bay of Fundy, __ Island
66. 'Gang' suffix

Down

1. "Say as he says, __ __ shall never go." - Hortensio, The Taming of the Shrew, Act IV, Scene 5
2. Cowboy's commands
3. Brewery ingredient
4. Trendy district of Vancouver
5. Music repetition mark
6. Mtn. blaster
7. Stirs
8. Beethoven's birthplace
9. Treasures
10. Go skydiving, visit Paris, climb Mount Everest, etc.: 2 wds.
11. Enroll
12. Navy elites
14. Tree log bump
17. John, in Russia
21. Follows orders
23. Hip-Hop artist (aka Aaron Hoffman) from Vernon, BC
25. Nautical hook
26. Land lot
27. Jann Arden song: 2 wds.
29. Vu's partner
30. __ up business
32. Finished: French
33. 'Air' suffix (Most breezy)
35. Wood sorrels
36. The Smurfs creator
38. Travertine placer
39. Figure skates have them, but hockey skates don't: 2 wds.
44. Come forth
45. Thickening gum
46. Chirpers
47. Habituate the hard way
49. Petal product in perfumery
50. CEO
52. In the centre of
53. 'Motor' suffix
55. Excellent, slang-style
56. Mediterranean resort of France
57. '_' __ Effort
60. Determine

Friday's Crossword



Sudoku

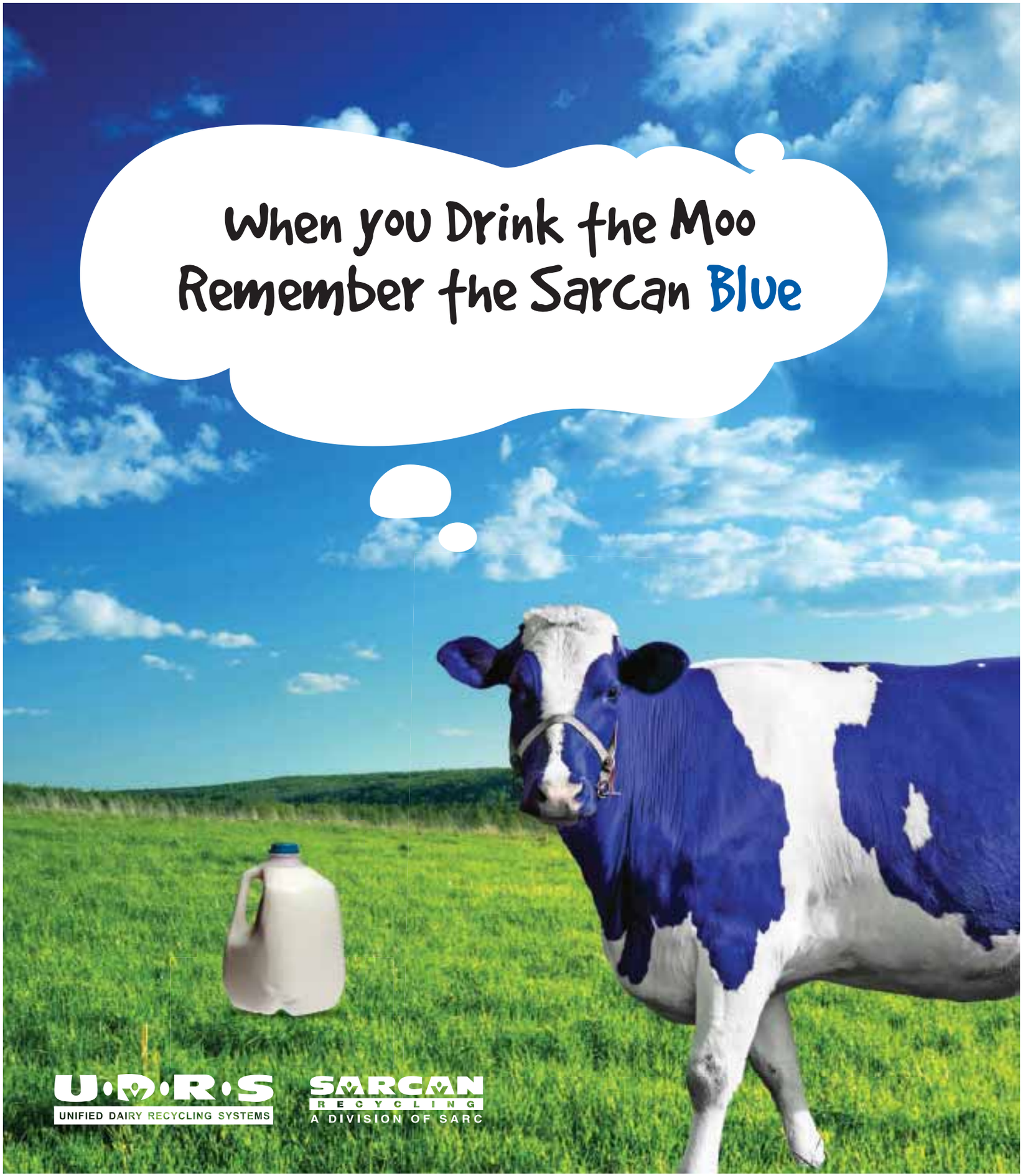
How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

5	3	9	6	7	2	8	1	4
2	1	4	8	9	5	7	3	6
8	6	7	4	3	1	9	2	5
3	8	2	1	4	7	6	5	9
7	9	5	3	8	6	1	4	2
1	4	6	2	5	9	3	7	8
4	2	1	7	6	8	5	9	3
9	7	8	5	2	3	4	6	1
6	5	3	9	1	4	2	8	7

Sudoku

6			8		1			
3	5						4	8
	4			7		1		
	3		7	5				2
		4				6		
9				6	2		7	
		3		2			6	
5	9						8	4
			4		9			1


When you Drink the Moo
Remember the Sarcan Blue
U·M·R·S
UNIFIED DAIRY RECYCLING SYSTEMS
SARCAN
RECYCLING
A DIVISION OF SARC